

Roasted Italian Salad

Makes: 6 Servings

Ingredients

3/4 cup Rice, Brown, Long-grain, raw
1 1/2 cups Water, tap
1 1/4 cups Lettuce, Romaine, raw
3/4 cup Spinach, fresh Ready-to-use
3/4 cup Tomatoes, Red, Ripe, Raw, Chopped
3 tablespoons Cheese Cheddar Yellow Shredded Commodity
3 tablespoons Walnuts, English or Pecan Pieces
1/2 teaspoon Seasoning, Lemon Pepper
1/4 cup Dressing, Italian Fat Free



Directions

1. Place rice and water in 2 inch full size pan. Steam until tender. Cool product completely. (Rice may be cooked the day before) Make sure rice is flaked.
2. Chop romain lettuce into bit size pieces. Toast nuts of choice - (Pecan pieces were used in our recipe) and cool completely.
3. Mix all ingredients together in a large bowl. Place in a full size serving pan for the line.

Mobile County Public School System (Recipes for Healthy Kids Competition)